

TheFLYER

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The Flyer is Salisbury

University's student newspaper-composed by students for students. The organization was established in 1973 to keep SU community informed and entertained. Issues are published monthly throughout the regular school year and prints are printed by Delaware Printing Company of Dover, DE. A total of 800 copies are distributed on campus per circulation.

The Flyer strives for accuracy and corrects its errors immediately. If you believe a factual error has been printed, feel free to contact the staff. Thank you.

The University System of Maryland has announced all its member schools, including Salisbury University, will be required to enforce COVID-19 vaccination mandates for all on-campus students and employees during the fall semester.

SU students who have been vaccinated and filled out the university's COVID-19 consent form will still be required to receive a coronavirus test once every 30 days in the fall to maintain access to campus facilities, per a recent Stay Informed email.

Unvaccinated campus members, as well as those who have not completed the consent form, will be required to be tested once every two weeks in the fall, according to the email.

Conflicting approaches have been taken by universi-

Life under the mask: Grading SU's response to COVID-19



Campus community members have endured a unique, year-long college experience marred with testing, anxiety and constant change.

By Jakob Todd / News Editor

Salisbury University has been one of few institutions statewide to sustain in-person operations throughout the entire 2020-21 academic year, offering a combination of in-person, virtual and hybrid-formatted instruction to its students. In addition to finalizing grades for spring semester courses, SU's campus community has also assessed the university's response to the COVID-19

pandemic.

While both students and faculty members acknowledged the struggles associated with a hybrid learning environment and a mostly empty campus, many applauded SU's resilience and thorough approach in protecting the campus community from coronavirus surges since returning for the fall.

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SU to mandate COVID-19 vaccine for students and employees

By Jakob Todd / News Editor



SU has hosted several on-campus vaccination clinics exclusively for students, faculty and staff since the mandate was announced. (Featured image courtesy of KTLA.)

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Following an early spike in coronavirus cases in early September, SU overhauled its testing practices and maintained a COVID-19 positivity rate across campus below 2% through the remainder of the academic year.

The university raised an initial monthly testing requirement to once per week for students in March, with freshman Colby Knight calling the frequency increase a correct step in continuing to monitor virus levels on campus.

"I think SU has done enough [to protect students]," Knight said. "We have to get weekly tests and your [gull card] gets deactivated if you don't get your test, so then you can't do anything on campus."

Junior Javier Suarez agreed SU has done a "pretty good job" with testing and preserving some of the in-person college experience, though he hopes to be reunited with more of his peers on campus in the fall.

SU also made a push to vaccinate its campus population through three SU-exclusive vaccination clinics in April, each hosted by the Wicomico County Health Department in Maggs Physical Activities Center.

Sophomore Styles Wilson said many of his peers have either already received doses of the vaccine or attended one of SU's vaccination clinics. Wilson said he approves of the proactive measures and hopes more students attend the university's future clinics over the summer. "I think a lot of people in Salisbury have gotten their vaccine and should keep getting it ... [the results] will only be positive," Styles said. Despite successes in addressing testing and vaccinations, challenges and obstacles continued to reemerge for the university.

SU President Charles Wight said more than half of the university's spring course offerings featured in-person elements, though Dr. Argha Sen, an assistant professor of marketing at SU, said the true in-person experience simply cannot be replicated in a hybrid setting.

"I have missed directly interacting with students because largely it has been either a Zoom class or a hybrid class ... and I can see the struggle the students have had with coming to campus," Sen said.

The university's decision in the fall to implement an "abbreviated" two-day spring break — rather than its typical week-long break — faced fierce backlash from students, citing mental health concerns amid a global pandemic.

ic.

Gov. Larry Hogan also lifted capacity limits on indoor and outdoor dining and retail businesses less than a week before SU began spring break, igniting fears over potential spikes in COVID-19 cases following the campus' return. Attempting to address criticism of its fully virtual fall commencement ceremony, each SU academic school hosted its own personalized virtual commencement ceremony in the spring with a customized slideshow. An in-person "grad walk" was also assembled for graduates to walk across a commencement stage in their regalia at Sea Gull Stadium with four guests. Yet, as the state continued to loosen coronavirus restrictions through the spring on outdoor events, most other USM institutions held in-person ceremonies for spring graduates using facilities even smaller than Sea Gull Stadium.

On-campus events slowly returned to SU as the year progressed to engage the limited student population, however, with the Clarke Honors College Sound Healing event serving as one of the final opportunities for university members to gather until the fall semester on May 1.

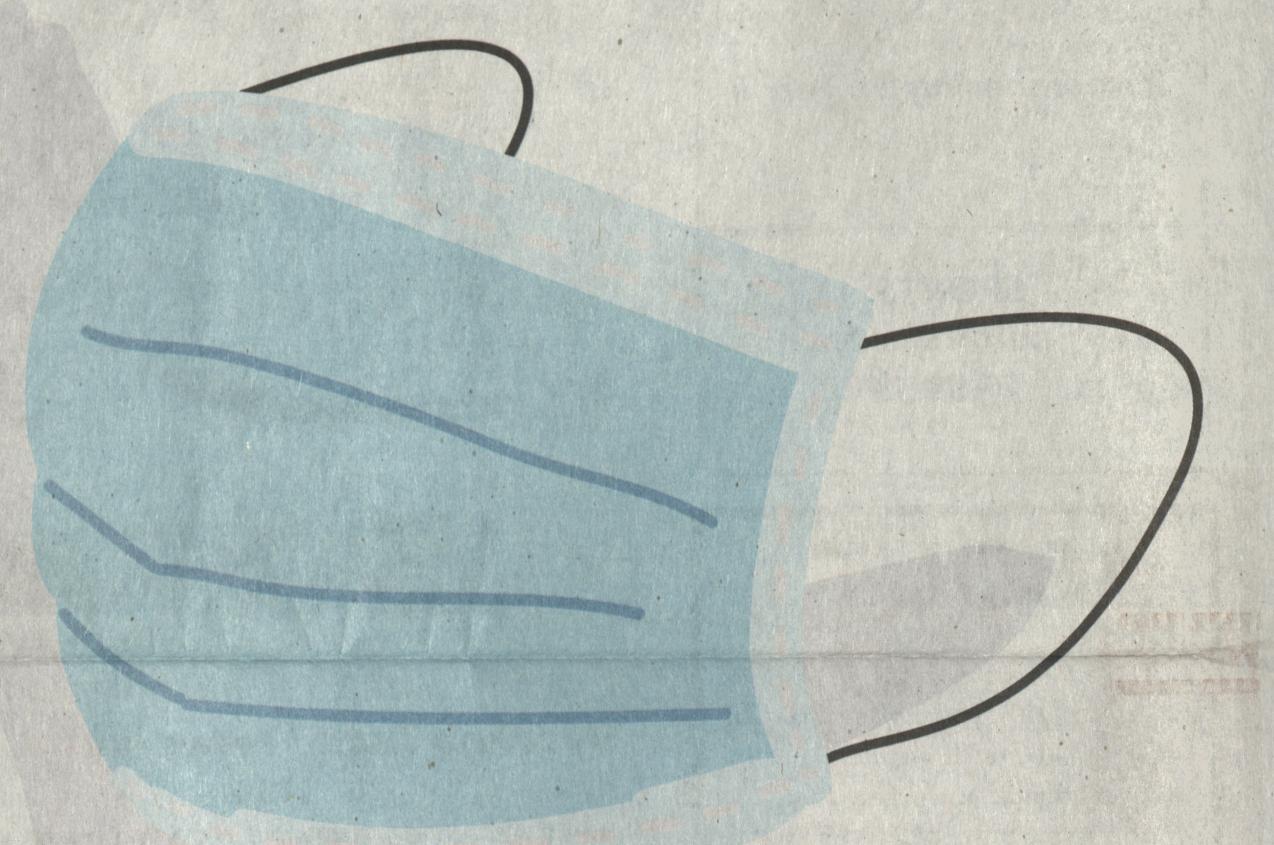
Well-rehearsed inside each of the university's classrooms throughout the year, social distanc-

ing and mask-wearing protocols were enforced during all indoor and outdoor events held on SU's campus.

Honors College professor Heather McCarty, who attended the meditation event, praised students' adaptability in making the event a success and encouraged the university to take a similar approach in future event planning.

"I believe we had such a good turnout because this is a stressful time of year, so lying on a mat and listening to sound bowls required little of students, while giving them a relaxing, safe space," McCarty said. "The loneliness that comes with the pandemic requires such innovative events for our students ... I have not only been very impressed by our student body's ability to adapt to [COVID-19] protocols, but also to seek out community."

SU is expected to return to almost fully in-person operations in the fall, with nearly all classes scheduled to be delivered via in-person formats. Social distancing and face mask protocols are likely to remain in effect, as well as continued COVID-19 testing.



Graphic courtesy of Michael Cotterino

SU general education requirements to change fall 2023

By Georgia Foster & Jakob Todd / Staff Writer & News Editor

Salisbury University will soon be getting a general education overhaul. Proposed by the university's general education steering committee in the spring, a completely revamped model for general education requirements was passed by the Faculty Senate and approved via an all-faculty vote for use beginning the Fall Semester of 2023. The model, which has one fewer course than SU's current general education program's total, still meets all state requirements, while also adjusting certain category areas to correspond more with SU's student learning outcomes.

Dr. Karen Olmstead, SU's provost and senior vice president of academic affairs, said the most impactful changes include three categories of courses that are "[signatures] of an SU education," which are not "stand-alone" and may fit into other categories as well. There will also be an "experiential learning component" that students will take as upper-

classmen.

"Those four things, in addition to these distributional requirements, really capture what an SU education should be all about," Olmstead said.

The three "signature" additions are single-course requirements in the areas of civic and community engagement, diversity and inclusion and environmental sustainability.

Olmstead said incoming freshmen and transfer students alike will be required to complete a "first-year seminar" under the new model beginning fall 2023.

Olmstead and other proponents for the change believe the new categories will be more compelling to students and allow for coursework that is unique and tailored to each individual.

The course requirement titles currently being used, such as "Group 1" and "Group 2," will also be updated to more accurately and descriptively reflect objectives.

Students enrolled in the university when the changes take effect — including the incoming class of 2025 — will be given the options to either continue with the old general education model, switch into the new model or potentially complete a hybrid of both, said Dr. Thomas Cawthern, a faculty member in the SU's science department and chair of the general education steering committee.

Cawthern said the general education steering committee, comprised of six faculty-elected members and six members appointed by the provost, have devoted much time and thought into the proposal for the new model over the past three years while he has served as chair. The committee consulted with SU faculty and students to gather opinions during the model's development process.

All parties involved are confident the new model is the best option to engage

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SU to mandate COVID-19 vaccine continued... from page 1

ties across the country thus far on vaccination requirements, according to the Associated Press, with debates swirling nationwide over the legality of such a mandate.

One Maryland lawmaker has even introduced a bill to ban employers from requiring workers to receive the vaccine, per FOX 5.

Even before a vaccination requirement was established, SU President Dr. Charles Wight continually urged all university members to receive their vaccines as soon as possible.

"These vaccines are safe and necessary to return to our pre-pandemic way of life," Wight said.

Wight set a target date, July 6, for all campus community members to receive at least their first dose of the COVID-19 vaccine.

University System of Maryland Chancellor Jay Perman said the high risk of COVID-19 transmission on college campuses and the desire for a return to normalcy were the root causes to implement a vaccination mandate.

"We didn't undertake this mandate lightly," Perman said. "With widespread vaccination and continued public health interventions as needed, we have every right to expect that we'll have a pretty normal semester going forward."

"That's what we all want."

Perman also praised the work of SU in bringing back a high density of students to campus despite the challenges of the pandemic.

"I know the reason we have gotten through this crisis ... is because of the solidarity [and] the hard work of our students, our faculty, our staff [and] our leaders," Perman said. "We faced a year of challenges we've never seen before, and we rose to meet them."

Religious, medical and other appropriate qualifications for exemption from the vaccination mandate will be accommodated, Wight said.

Perman said each university will have discretion over actions regarding non-compliance with the requirement should a campus member refuse the vaccine.

Chief of Staff Eli Modlin said the new mandate will be the first vaccination requirement instituted for faculty and staff members.

The university has made a push to vaccinate its campus population over recent months, holding several on-campus vaccination clinics exclusive to university members in late spring and through the summer. Each clinic was held in Maggs Physical Activities Center and hosted by the Wicomico County Health Department.

More than 300 doses of the vaccine were administered during the first SU-exclusive clinic on April 1, said vice president of student affairs, Dane Foust. Wight said vaccination clinics will continue to be held on SU's campus as the fall semester draws near.

Unvaccinated campus community members may also register for appointments at either of the state's two current mass vaccination sites, located at the Wicomico Youth and Civic Center and the former Tuesday Morning store in the Centre at Salisbury, respectively.

SU general education requirements to change fall 2023 continued... from page 2



After following the same general education model for years, the university is updating the SU experience for future incoming students. (Featured image courtesy of Salisbury University Public Relations Office.)

students in content that they are passionate about and to provide them flexibility to discover these passions, Cawthern said. Cawthern said that even faculty members whose work may be disturbed by the alterations only care about students' learning and want the new requirements to be successful.

"We really haven't even thought about, if this is voted down, how we are going to modify the current model," Cawthern said. The new requirements' effectiveness will be observed through events such as Gull Week, when students can voluntarily be assessed on their learning and growth through the general education curriculum.

For more information on SU's current general education program, visit <https://www.salisbury.edu/administration/academic-affairs/general-education.aspx>

**Want to write for
News? Contact
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Editorial

What are the downsides to mandatory vaccinations at SU?



Staff photo courtesy of Ben Lausch.

By Haylee Olley /Staff Writer

Salisbury University will be requiring students, faculty and staff to receive a COVID-19 vaccine before attending in the Fall 2021 Semester. This applies to those who are already attending the university and newcomers, according to SU's COVID-19 Vaccination Information webpage.

SU will also still enforce monthly COVID-19 testing through the end of 2021. The University System of Maryland is adopting similar practices according to the SU University News webpage.

However, is this the right decision? I believe the choice to receive a vaccine should be made by individuals, not the school.

Public reactions to the mandate are divided. SU alum Tina Niblett expressed her gratitude on Facebook. "Thank you, SU for doing the right thing [by] helping to stop the spread within our community," Niblett said.

Earth science major Britta Bossle posted a reaction on the same platform stating that "[SU] should not hold anyone's education above them over a vaccine they are not comfortable with yet!"

Doses from Johnson & Johnson, Pfizer and Moderna affect everyone differently. There was even a pause on the use of the Johnson & Johnson vaccine following reports of health concerns theorized to be in connection to the vaccine.

Medical experts reviewed 15 reports of women who had the Johnson & Johnson vaccine and later developed thrombosis with thrombocytopenia syndrome.

TTs involves the forming of blood clots according to the Centers for Disease Control and Prevention. The organization conducted and reported all aspects regarding the Johnson & Johnson vaccine investigation.

This does not change the fact that these treat-



Graphic courtesy of Carleigh Stokes

Safe activities for fully vaccinated SU students

By Jack Fiechtner
Staff Writer



Staff photo courtesy of Ben Lausch.

Warm weather has returned to the Delmarva Peninsula. Here are some fun and safe activities in the area for fully vaccinated students at Salisbury University. When making plans, review the Centers for Disease Control and Prevention's policies regarding fully vaccinated policies and consider the spread of COVID-19 in Salisbury.

The Cross Island Trail on Kent Island has various pathways including a five-mile route from Terrapin Nature Park to Ferry Point Park. Experienced bikers can travel a total of 28 miles from the northern to southern ends of the island with spectacular views of the Chesapeake Bay. The Blackwater National Wildlife Refuge near Cambridge, Maryland, features two paved bike loops that are approximately four and seven miles in length. There are plenty of opportunities to explore the vivid habitats of animals on the Eastern Shore.

Senior Elizabeth Akers visited the Pocomoke River Canoe Company and had a wonderful afternoon with her cousins.

Customers can "paddle gently in one of our Old Town canoes or kayaks through shady caverns of foliage. Novice or experienced paddlers will find the flat water Pocomoke River a delight," according to the company's website. "My two cousins and I rented three kayaks with a two-hour time limit. Our experience was amazing. After getting on the water, it was obvious that this was one of the best socially distanced activities," said Akers.

For students looking for indoor adventures with friends, Salisbury's escape room located on 116 North Division Street is perfect.

Friends and family members must work to-

gether to find clues, solve puzzles and unlock the mysteries of the room before time runs out. Escape rooms offer an opportunity to test your detective skills in a fun and safe environment. These are only some of the many activities for fully vaccinated students at SU to enjoy. There are more destinations, activities and adventures to explore on the Eastern Shore.

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Top five outdoor spots for relaxing and studying at SU

By Jacob Beaver / Editorial Editor

Photos courtesy of

Brad Boardman

Students can get overwhelmed with their academic work at Salisbury University. Time is usually spent in dormitories and apartments in front of computer, phone and television screens.

Most assignments and television shows require connection to an outlet. Now that spring is in full swing, here are some places where students can unplug outside on SU's beautiful campus.



Outside the Student Fireside Lounge in the Guerrieri Student Union is a patio accompanied with rustic wooden furniture. It's a wonderful place to enjoy a Chick-fil-A lunch on a summer afternoon away from crowded dining areas.



Along a walkway connecting Seagull Square to Henson Hall is a hill. Avoid the usual traffic between the apartment hall and GSU in this convenient spot that's perfect for an afternoon picnic or study session.

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**Want to write for
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Five outdoor spots for relaxing and studying Continued...from page 6



Enjoy the serene sounds of fountain water on a selection of benches in this spot next to SU's famous pergola walkway.



It can be exhausting to relax outdoors during the summer. Catch some cool shade on this patch of grass next to Blackwell Hall protected by some of our campus' beautiful foliage.



Nature is nice to look at, but there's more to SU than grass and trees. In between Fulton Hall and St. Martin dormitories is a tranquil collection of art pieces curated for our campus. A relaxing atmosphere is necessary for the stressful student life. Enjoy these selected locations at SU for unwinding or preparing for the next exam.

Remembering Dr. Terrill

By Haylee Olley / Staff Writer



Dr. Terrill and daughter Allie Terrill (photo courtesy of The Terrill family.)

Dr. Brandy Terrill was an influential member of the Salisbury University community and a staple of SU's education department. Dr. Terrill was a full-time teacher and advisor to The Seidel School of Education. She loved to teach her students the true value of art. In the fall of 2020, Dr. Terrill was diagnosed with cancer. While receiving treatment, she still taught class and rarely missed a zoom meeting. Dr. Terrill was dedicated, kind and always willing to lend a hand.

At the beginning of the spring semester, she passed away, leaving the community of The Seidel School of Education heartbroken, along with her family.

I had Dr. Terrill my first semester of SU, and she was nothing but kind and encouraging.

Dr. Terrill's colleague and friend, Dr. Patricia Dean, worked with her as a professor in the education department of The Seidel School of Education.

"She hosted a game night at her house, and her wall had a plum, and the trim was a melon. It truly showed the artistic side that she had," Dr. Dean said.

Dr. Dean mentioned that Dr. Terrill created a painting of the ocean that she still has in her office in her honor.

Besides the artistic side of Dr. Terrill, Dr. Dean mentioned Dr. Terrill always was looking for book recommendations to read to her daughter, Allie.

"Brandy would always come into my office looking for suggestions to read to Allie," said Dr. Dean.

Laura Amrhein, a student of Dr. Terrill, benefitted from Terrill's advice.

"Show your students that you care. Instead of giving us a final, she decided to have us complete one activity from a list she posted. All of the activities were beneficial for our mental and physical health, such as meditation, yoga or cooking a healthy meal. Afterward, she talked about how we have to care for our students in more ways than just teaching them the information that they need to learn," Amrhein said.

Showing students she cared was the most prominent thing that Dr. Terrill was known for. She loved to teach and was passionate about helping her students reach their full academic potential.

Dr. Terrill was the first person I sang in front of in a long time, and she was nothing but supportive and kind to me; it is one of the things that I will never forget about her.

Dr. Terrill has made a lasting impact on the SU community, fellow educators, colleagues and anyone she was associated with. SU and The Seidel School of Education have recently announced that they've created an intern scholarship for an education student, in Dr. Terrill's honor.

Dr. Terrill loved working with interns, and this addition is the perfect way to honor her legacy.

Our hearts go out to her family and her daughter Allie. Dr. Terrill, thank you for changing the course of the education community at SU and the lives of everyone you have come across. As Dr. Terrill always said to end a class meeting, don't forget to be awesome, and don't forget to be kind.

Dr. Lauren Cook mental health advice for SU studentsBy Stephanie Rivera /
Gull Life Editor

Dr. Lauren Cook hosting a lecture (photo courtesy of Dr. Lauren Cook.)

In the Center for Student Involvement and Leadership's final Spring Speaker Series, Host Dr. Lauren Cook advised students on ways to fight the stigma of mental illness.

If students cannot recognize the signs and onset of depression, psychosis, anxiety and eating disorders, then they will not know how to deal with their resounding effects properly. "So much of the work is normalizing it, naming it and helping us learn how to actually deal with it (mental health affinities)," Dr. Cook said.

The stigma surrounding mental health affinities commonly leaves room for solely two treatment options: therapy and medication. Although effective, many individuals with mental health disorders do not feel comfortable incorporating these methods in their lives.

Dr. Cook recognizes this hesitation is implicit among college students and recommends various ways to improve your mental health without incorporating these methods. Exercise, meditation, relaxation techniques, socializing with friends and incorporating nutritional foods in your diet can all assist in improving your mental health.

Although these techniques can improve student's mental health, Dr. Cook recommends affected individuals get their blood drawn and get their hormone and vitamin levels evaluated. "If there is something biologically happening, where your hormone levels are off or the vitamin levels in your body are off, that's an easy intervention point that you can see huge differences in. Make sure you do your due diligence, and look at all the different treatment options," Dr. Cook said.

For incoming students, the resounding effects of mental health affinities are the most prominent. Dr. Cook projects an increase in overall anxiety levels, particularly surrounding students coming to Salisbury in the fall.

"We are going to see a sense of overwhelmed, of how do I navigate a new normal. But just remember, we are all a little rusty and socially out of shape," Dr. Cook said.

Dr. Cook works with many graduating seniors

and has observed a pattern of disconnect, with many not actively processing the prospect of graduation.

Despite the COVID-19 pandemic, it is crucial to recognize the significance of graduation. "It is really important to lean in and process that you are, in fact, graduating. Whether that includes a little bit of a grief experience of knowing you are not going to see your friends in the same way or that your life is going to be changing. You have to allow yourself time to really process (graduating) and get in touch with those feelings, whether it be through journaling or talking about it with other seniors," Dr. Cook said.

Do not look at graduation as the end but look at it as the beginning. Celebrate this accomplishment and be proud of your ability to graduate during a nationwide pandemic.

As a society, we have experienced a multitude of disappointments throughout the year.

Graduation provides the opportunity to celebrate a monumental accomplishment. Be sure to celebrate to the fullest extent and do not diminish your accomplishments in any capacity.

"Even if it's not graduation in a traditional sense, be sure to account for the circumstances. Not only are you graduating, but you are also graduating in the middle of a pandemic. Celebrate yourself and honor the work that you have done," Dr. Cook said.

Whether you are staying on campus for the summer semester or going home, be sure to implement daily efforts to better your mental health. Whether that be going for a walk, doing yoga or talking to a physi-

cian, be sure to provide personal accountability for your mental health status.

"It does get better. It can get better. I want you to hold on to that hope and use different things (methods) to get better ... You are enough just as you are. We sometimes feel that worth is rooted in accomplishment and achievement, and we often think that's where our happiness comes from. Plot twist, it's not! When we live our lives that way, it's like a bucket with a hole in it; it feels like it is never enough. Do the internal work of knowing you are a worthy, lovable and [a] valued human being ... surround yourself with people who see that and celebrate that, and who challenge you to be even better," Dr. Cook said.

Salisbury's Counseling Center will be operating under their summer hours of 8 a.m. to 4 p.m.; contact their offices for mental health support.



Photo courtesy of Dr. Lauren Cook.

**WANT TO WRITE FOR GULL LIFE?
CONTACT STEPHANIE RIVERA
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Sports



Salisbury student-athletes, coaches grateful for Spring seasons

By Tommy West / Staff Writer

The spring 2021 season has been one of perseverance for Salisbury University athletics. From postponements to cancellations, protocols to team-quarantining, SU student-athletes and coaches have jumped through plenty of hoops to be where they are today.

As of right now, several Salisbury teams competing this spring are in position to make a championship run.

The fourth-ranked women's lacrosse team finished the regular season with an unblemished 13-0 record and won the first Coast-to-Coast Athletic Conference title over No. 20 Christopher Newport. The squad looks to make another run deep into the National Collegiate Athletic Association Tournament.

The third-ranked men's lacrosse team wrapped up the regular season with an 11-1 record, rattling off 11 consecutive victories after dropping the opener to fourth-ranked Lynchburg.

Salisbury baseball will begin C2C play just after finals wrap up with the first game slated for May 14. The Gulls are currently sitting at 19-3 and ranked fourth in the nation.

Seventh-year skipper Troy Brohawn credits his players with maintaining discipline and being smart with the COVID-19 protocols.

"I think it comes down to our guys making good decisions," Brohawn said. "That's what

has really allowed us to be where we are right now."

Looking forward to postseason play, the Sea Gulls are in prime position to try and capture the first ever C2C conference title.

Salisbury softball's head coach, Lacey Lord, has had a particularly interesting experience with the pandemic. The 2021 season is Lord's first season at the helm, after replacing long-time head coach Margie Knight.

"Everything in coaching is about being flexible and adaptable," Lord said. "In a season like this, you realize just how important that is." Before the cancellation of the 2020 season, SU softball boasted a 17-3 record in Margie Knight's final season that put them atop the then-Capital Athletic Conference.

Lord said the seniors on the team have helped maintain the culture that was in place under Coach Knight.

"This season for us has been about managing the ups and downs of all of the changes that have happened," Lord said. "We've really leaned on our culture and leadership to get these freshman and sophomores acclimated since they haven't had the opportunity at an entire season."

Right now, No. 13 Salisbury Softball sits atop the C2C at 21-7 overall and 6-0 in conference play with the tournament rapidly approaching. Lord said after not being able to carry out last



Kavi Caster celebrates as he crosses the plate in a 7-2 win over CNU. (Sports Information image)

year's season, the players are not taking this year for granted.

"They know that they had something taken away from them last year," Lord said. "And now every time they come out here, they're grateful for that."

Editor's note: Farewell, Flyer family

"Time flies when you are having fun," is that where the last three years have gone? Coming out of Colonel Richardson High School, I watched my peers make bold plans for the future, committing to colleges across the country and going on to do great things at those schools.

All I really knew was that I wanted to talk about sports.

Anyone who knows me can attest to that. My friends and family can tell stories about having to literally walk away to get me to stop talking about the latest free agent signing, transfer news or other breaking topics in the news that week.

I decided to join The Flyer during my first semester at Salisbury University. As a communications major on the multimedia journalism track, I thought joining the student newspaper would help me find my voice as a writer.

What I found was so much more.

I arrived at my first weekly Flyer meeting with a folder, three brand-new ink pens and more loose-leaf paper than one could ever need for a meeting lasting less than an hour. Saying I was nervous would be a gross understatement.

It seems silly, looking back on it now. I quickly realized I had no real reason to be nervous.

The atmosphere was inviting, even to unexperienced writers.

We all went around the room and introduced ourselves, with the editorial staff going first and the writers following suit.

We then broke off into sections to discuss story ideas for the week. I had a choice: News, Sports, Editorial or Gull life.

In all honesty, I found myself moving to join the Sports section without really thinking it through. From that first meeting, I knew I wanted to cover Salisbury sports as much as I could.

That choice, as trivial as it seems, led me to connect with two people who have played a big role in helping me find my voice.

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Nick Lewis talks through the pregame show during a women's lacrosse broadcast on the Sea Gull Sports Network. (Sports Information image)

The first was local reporter, and the advisor for The Flyer, Ricky Pollitt.

When I heard he worked in the field I hoped to pursue, I started jotting down questions. If memory serves, I asked him at least five questions at the conclusion of that meeting.

I wanted to pick his brain about his daily

By Nick Lewis / Sports Editor

responsibilities, what working in the field was like and the ins and outs of covering sports as a reporter.

In all honesty, I am not sure much has changed since then. I would love to have a tally of the number of questions I have asked Pollitt over the last three years. In terms of a mentor and someone who showed a genuine passion for developing student writers into journalists, I could not have asked for a better advisor.

The second was then-Sports editor, Chris Mackowiak.

Even though he did not go out of his way to mention it at the time, I could tell from the descriptions of his story ideas that he had a passion for covering the maroon and gold. A few weeks later, I joined the Sea Gull Sports Network as a broadcaster. I decided that even with no experience in live sport coverage, it was too good of an opportunity to pass up on.

Over the course of the fall semester, Mackowiak and I sat down often to discuss what was happening in the world of SU athletics, talk about some potential story ideas and even discuss recent broadcasts we had worked with Sea Gull Sports Nation. It did not take long for me to realize just how much work he put into every story, every interview and every broadcast, and I hoped I could live up to that sort of standard.

This is where my love for Salisbury athletics began. Every story, interview and prep session has only made me more appreciative of my role in covering the teams.

In his editor's note in December of 2018, Mackowiak quoted one of his favorite shows, "The Office." The quote from Andy

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Editor's note continued... From page 10

Bernard, played by Ed Helms, is from the final episode of the show and perhaps the most famous quote from the finale.

"I wish there was a way to know you're in the 'good old days' before you've actually left them."

I am also one of those people that has watched the full series at least a half-dozen times, so the significance of that quote is not lost on me.

Personally, my favorite quote from the

entire show comes a few minutes later in the finale.

"No matter how you get there or where you end up, human beings have this miraculous gift to make that place home," Creed Bratton said.

I am honored to have taken the reigns as the Sports editor for the last two years. To Mackowiak and Pollitt, thank you for your guidance in helping me grow and find my way as a writer.

To every writer and editor I have shared my Sunday evenings with over the last three trips around the sun, thank you for welcoming me to the family and allowing me to improve alongside you. Thank you for allowing me to call this newspaper my home for the last three years.

And to Sea Gull Nation, thank you for sharing the last three years with me. I only hope I was able to tell your stories well. Go Gulls!

Fall teams look forward after exhibition seasons

By Brandon Stark / Staff Writer

The 2020-21 season was much shorter than Salisbury University's fall varsity teams are accustomed to. Other than football, SU's fall sports only competed in exhibition games this year.

The Salisbury field hockey team ended its exhibition season with a 2-1 record. Junior forward McKenzie Mitchell said despite that, her team was glad to be back on the field after almost a year waiting for their next game.

"We were all excited because we hadn't played in a game in so long," Mitchell said. "I don't think we got upset that they're exhibition games, we were just excited to go out there and play."

During the fall season, Mitchell and her teammates were able to practice together, giving the team a bit more time to gel heading into their first exhibition game this spring.

After playing in inter squad scrimmages leading up to the spring season, Mitchell said she was grateful they were able to play other teams so the team could see how they stack up to their competition. "Playing other teams allowed us to see how we actually play and compete against other teams," Mitchell said. "It was really good ... that we were allowed to play against other teams because it put our play on a different level and it shows us the steps we'll have to take to play in the fall."

The field hockey team is just two years



Members of the Salisbury field hockey team clap for Mack Dinopoulos during lineups before the team's game. (Sports Information image)

removed from a 20-2 campaign in 2019. Salisbury went on to win its 22nd Capital Athletic Conference (Now Coast to Coast Athletic Conference) title and advanced to the National Collegiate Athletic Association Final Four, falling to eventual National Champion Middlebury.

Mitchell believes her team will enter the 2021 Fall Season with a similar mindset of taking it one game at a time in hopes

to return to the NCAA Final Four and beyond.

"I definitely think that we're going to go in with the same mentality that we have in years past," Mitchell said. "Don't try to look for the final goal ... you want to get to the final goal, but in order to get there, we've all realized we have to take it game by game."

Like field hockey, SU's volleyball team also participated in three exhibition games this spring. Junior outside hitter Chloe Adam said her team was glad to see the court this year after the uncertainty regarding fall sports this spring.

"It was definitely very exciting, to be given the opportunity to play with all of the uncertainties going on with covid," Adam said. "Definitely glad to have the opportunity even though it was [just] three games."

SU volleyball's lone home game this year was hosted in front of an empty Maggs Gym per SU Covid-19 guidelines. Adam said she missed playing in front of fans this year, but hopes that this coming fall, Maggs will be full of spectators for their games.

"We are always blessed to have a Salisbury volleyball family — parents, grandparents, aunts and uncles — that always come to the games. Even alumni will come, so we're always used to that home crowd," Adam said. "I'm looking forward to next year hopefully having that home crowd back."

Adam said the exhibition games and the extra practice the team has gotten in over this past year will have them prepared for next season. She said she is hopeful that, with a strong schedule next year, Salisbury will get a regional bid and make the NCAA Tournament.

"It all comes with creating a culture for them where they know that this is business, and you need to work hard," Adam said. "[Salisbury] is not a team where you can goof off, we really care, and we're waking up at six in the morning every day for a reason, so it's all about leading the team with the right mindset and making sure that no one slacks off."

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Salisbury athletics loses two legends at spring's end

By Nick Lewis / Sports Editor

Two legends of Salisbury athletics are calling it a career.

Longtime men's and women's swimming coach and Assistant Athletic Director Jill Stephenson and Head Athletic Trainer Pat Lamboni are retiring at the conclusion of the 2020-21 athletic season, according to several news releases.

The two have spent multiple decades working to better the athletics department. Stephenson has spent the last 26 years with the university, while Lamboni has overseen the athletic training department for the last 39 years.

Jill Stephenson

Stephenson enjoyed 26 years at the helm of the men's and women's swim teams as the longest-tenured and winningest coach in Salisbury University swimming program history. She collected 211 meet wins and eclipsed the 100-win mark for both the men's and women's swim teams.

Stephenson has been named the Capital Athletic Conference (now Coast-to-Coast Athletic Conference) Coach of the Year twice during her career.

Before her time at SU, Stephenson was the head coach for the men's and women's swim teams and the cross-country teams at Olivet College in Michigan for six seasons.

Prior to her coaching days, Stephenson was a four-year letter winner for the Northern Michigan University swim team. She graduated in 1983 with a Bachelor of Science in physical education.

Stephenson said she originally planned to teach, but soon realized she wanted to coach. When she first arrived on the shore to interview for the head coach position, she said the area reminded her of her roots in Michigan.

"I was looking for a position that was similar to what I did in Michigan and when I came out here to interview," Stephenson said, "not only was it a similar position, but also the area was very similar to Michigan, so I really liked it." Members of the swim team, like Kyle Russell, said they are grateful for the opportunity to learn from Stephenson.

Russell said Stephenson's legacy at SU is untouchable.

"She is a legend and an amazing coach, and will live on forever as a coach here," Russell said.

Pat Lamboni

Lamboni's journey at Salisbury (then-Salisbury State College) began in 1976 as a transfer from Essex Community College.



Carrie and Elizabeth Hesen. (Image courtesy of Sports Information)

He started as a student athletic trainer and a member of the baseball team at Salisbury prior to earning his bachelor's degree in 1978.

After two years as the head athletic trainer at Catholic University, Lamboni returned to Salisbury in the same role in 1982.

Lamboni said the growth of the program is not due to individual effort. The collective work of everyone that has come through has helped the athletic training program thrive.

"There have been countless staff members, interns, students and coaches that helped build this athletic training program to where it is today," Lamboni said. "It has been a collective effort throughout my tenure here to make this a very memorable place to be for the past 39 years."

While the growth of the program was collective, there were individuals that inspired Lamboni throughout his career. One of these was Hunter Smith.

Smith founded the Salisbury University Athletic Education Program in 1972 and was the first-ever head athletic trainer at the university.

"He's my inspiration to be the best athletic trainer and person that I can be," Lamboni said.

"He was the closest thing to a father figure for me and I am forever indebted to him."

While he has enjoyed the last 39 years and hopes to see the program continue to excel, Lamboni said the time had come to focus more on his personal life.

"I love this place and I have loved coming to work every day," Lamboni said. "But I've missed out on a lot. I'm ready to live life on Lamboni family time, instead of Salisbury University time. I feel like I've built a nice house here, I just hope someone comes along and expands on it."

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